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# **Healthier Kansas Menus - Breakfast**



## **WEEK 4 – DAILY PRODUCTION RECORDS**

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Child Nutrition & Wellness, Kansas State Department of Education - 2010

# Healthier Kansas Menus - Breakfast – WEEK 4 – DAILY PRODUCTION RECORDS



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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *School Nutrition* magazine, November 2009, [www.schoolnutrition.org](http://www.schoolnutrition.org)
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- Kansas Pork Board, [www.pork.org](http://www.pork.org)
- USD 201 Washington County
- USD 320 Wamego

## Menus for the Week

**PLEASE NOTE:**

Milk choice includes a choice of non-fat or 1% milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
Pumpkin Chocolate Chip Muffin Whole Grain Cereal Fresh Orange Milk Choice	Pancake on a Stick with Syrup Tri-Tater Fruit Juice Choice Milk Choice	Quick Blueberry Bubble Bread Sliced Peaches Milk Choice	Biscuit Breakfast Sandwich Rosy Applesauce Milk Choice	Excellent Egg Taco with Tomato Salsa Yogurt Cup Pineapple Chunks Milk Choice	<b>K-12</b> Calories 559 Cholesterol (Mg) 64 Sodium (Mg) 738 Fiber (G) 3.96 Iron (Mg) 4.21 Calcium (Mg) 481.4 Vitamin A (IU) 1598 Vitamin C (Mg) 28.21 Protein (G) 18.04 Carbohydrate (G) 88.50 Total Fat (G) 12.29 Saturated Fat (G) 3.30	<b>Target</b> 554 75 1000 2.50 2.99 253.85 971 12.50 9.59 0.00 18.47 6.16



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM - B Recipe Page Number
Monday	Pumpkin Chocolate Chip Muffin	B-104	19
Tuesday	None		
Wednesday	Quick Blueberry Bubble Bread	B-82	21
Thursday	Biscuit Breakfast Sandwich	B-126	6
Friday	Excellent Egg Tacos	B-102	13
	Tomato Salsa	129	34

Recipe numbers reference the *Healthier Kansas Menus- Breakfast Recipes* booklet and KSDE's Nutri-Kids nutritional analysis of these menus.

## Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM - B	Healthier Kansas Menus - Breakfast	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram	F/V	fruit/vegetable
mg	milligram	G/B	grain/bread

\* For example, purchase pre-portioned servings of condiments.

## Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

## Purchasing, Preparation & Serving Instructions

### Week 4 – Monday

Menu Item	Purchasing & Preparation	Serving
Pumpkin Chocolate Chip Muffin	<ul style="list-style-type: none"> <li>Prepare Pumpkin Chocolate Chip Muffin, HKM-B Recipe B-104.</li> <li>Serve at room temperature.</li> </ul>	K-12: 1 muffin
Whole Grain Cereal, variety	<ul style="list-style-type: none"> <li>Purchase whole grain (first ingredient listed is whole grain) bulk or individual bowl pack portions (3/4 cup or 1 oz) which contain 35% or less weight from total sugar (or less than 9 g per 100 calories) and 1 g or more of fiber per serving. If bulk, purchase 1 oz per serving.</li> </ul>	K-12: 1 bowl pack <b>or</b> ¾ cup <b>or</b> 1 oz
Orange, fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase oranges, size #113.</li> <li>Handle with gloved hands. Rinse. Cut in fourths. Cover and refrigerate.</li> </ul>	K-12: 1 orange
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint

## Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

**WEEK 4 – MONDAY**

**Preparation Site:** \_\_\_\_\_

**Date:** \_\_\_\_\_

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-6				Age/Grade Group: 7-12						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Pumpkin Chocolate Chip Muffin	B-104	1 each		.13	1.3							
Whole Grain Cereal, variety		1 bowl pack or ¾ cup or 1 oz			1.0							
Orange, fresh		1 each		.60								
Milk		½ pint										
Breakfast Component Total				.73	2.3							

## Purchasing, Preparation & Serving Instructions

### Week 4 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Pancake on a Stick	<ul style="list-style-type: none"> <li>Purchase a CN label Whole Grain Pancake on a Stick that provides at least 1 oz M/MA and 1 G/B; no more than 12 g fat and no more than 430 mg sodium per serving.</li> <li>Heat in oven according to manufacturer's directions.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 each
Tri-Tater	<ul style="list-style-type: none"> <li>Purchase 2.0 – 2.25 oz triangle shaped hash-brown potato patties. <i>Refer to Fruit &amp; Vegetable Guide</i> for amount needed.</li> <li>Follow manufacturer's directions for baking and holding. Batch cook.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 each
Fruit Juice Choice	<ul style="list-style-type: none"> <li>Offer variety of 2-3 choices (apple, grape, orange and pineapple used for analysis)</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 4 fl oz
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint
Pancake or Waffle Syrup	<ul style="list-style-type: none"> <li>Purchase 1 oz packets or purchase in bulk. If bulk, purchase 12.5 cups per 100 1 fl oz servings.</li> </ul>	K-12: 1 PC each <b>or</b> 1 fl oz

#### Pre-preparation for Week 4 -

**Wednesday:** Chill cans of peaches in the refrigerator.



## Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

**WEEK 4 – TUESDAY**

**Preparation Site:** \_\_\_\_\_

**Date:** \_\_\_\_\_

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-12				Age/Grade Group						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Pancake on a Stick		1 each	1.0		1.0							
Tri-Tater		1 each		.25								
Fruit Juice, Assorted		4 fl oz		.5								
Milk		½ pint										
Syrup		1 fl oz										
Breakfast Component Total			1.0	.75	1.0							

## Purchasing, Preparation & Serving Instructions

### Week 4 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Quick Blueberry Bubble Bread	<ul style="list-style-type: none"> <li>• Prepare Quick Blueberry Bubble Bread, HKM recipe B-82.</li> <li>• Serve at room temperature with spatula.</li> </ul>	K-12: 1 piece cut 4 x 5 (20 servings) <b>or</b> 8 x 10 (80 servings)
Peaches, sliced	<ul style="list-style-type: none"> <li>• Purchase sliced peaches packed in light syrup. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Chill cans overnight. Wipe can tops clean before opening.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> <li>• Serve with slotted utensil. Level utensil when serving.</li> </ul>	K-12: 4 oz spoodle
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint

#### Pre-preparation for Week 4 -

**Thursday:** Chill cans of applesauce in the refrigerator.

## Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

**WEEK 4 – WEDNESDAY**    Preparation Site: \_\_\_\_\_ Date: \_\_\_\_\_

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-6				Age/Grade Group: 7-12						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Quick Bubble Bread	B-82	1 portion		.15	2.0							
Sliced Peaches		4 oz spoodle		.50								
Milk		½ pint										
Breakfast Component Total				.65	2.0							

## Purchasing, Preparation & Serving Instructions

### Week 4 – Thursday

Menu Item	Purchasing & Preparation	Serving
Biscuit Breakfast Sandwich	<ul style="list-style-type: none"> <li>• Prepare Biscuit Breakfast Sandwich, HKM Recipe B-126.</li> <li>• Purchase whole grain biscuit (first ingredient listed is whole wheat) weighing at least 1.8 oz or prepare Angel Biscuit HKM Recipe B-120.</li> <li>• Purchase breaded CN label Chicken Patty containing at least 1 oz M/MA and .25 G/B and no more than 12% fat or 8 gm per serving.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 sandwich
Rosy Applesauce	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Chill cans overnight. Wipe can tops clean before opening.</li> <li>• Cover and refrigerate until serving.</li> <li>• Stir in 1/2 cup dry red gelatin mix per #10 can applesauce prior to service.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 4 oz spoodle
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint

#### Pre-preparation for Week 4 -

**Friday:** Chill cans of pineapple chunks in refrigerator.

## Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

**WEEK 4 – THURSDAY**    Preparation Site: \_\_\_\_\_

Date: \_\_\_\_\_

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-12				Age/Grade Group						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Biscuit Breakfast Sandwich	B-126	1 each	1.0		2.25							
Rosy Applesauce		4 oz spoodle		.5								
Milk		½ pint										
Breakfast Component Total			1.0	.5	2.25							

## Purchasing, Preparation & Serving Instructions

### Week 4 – Friday

Menu Item	Purchasing & Preparation	Serving
Excellent Egg Taco	<ul style="list-style-type: none"> <li>Prepare Excellent Egg Taco, HKM Recipe B-102.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 taco
Picante Sauce or Tomato Salsa	<ul style="list-style-type: none"> <li>Purchase salsa that is as low in sodium as possible or prepare following Tomato Salsa, HKM recipe 129. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>May be served, self-serve or pre-portioned for service.</li> <li><b>CCP: Refrigerate until served. Hold for cold service at 41° F or below.</b></li> </ul>	K-12: 1 oz spoodle <b>or</b> 1 oz ladle <b>or</b> 2 Tbsp
Yogurt Cup	<ul style="list-style-type: none"> <li>Purchase low-fat or nonfat 4 oz yogurt cup to meet 1 oz M/MA.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 4 oz portion
Pineapple Chunks	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Chill cans overnight. Wipe can tops clean before opening.</li> <li>Cover and refrigerate until serving.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> <li>Serve with slotted utensil. Level utensil when serving.</li> </ul>	K-12: 4 oz spoodle
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored.</li> </ul>	K-12: ½ pint

## Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

**WEEK 4 – FRIDAY**

**Preparation Site:** \_\_\_\_\_

**Date:** \_\_\_\_\_

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-6				Age/Grade Group: 7-12						
		Serving Size	M/MA oz	F/V Cup	G/B unit	Serving Size	M/MA oz	F/V cup	G/B unit			
Excellent Egg Taco	B-102	1 taco	2.3		.5							
Tomato Salsa	129	1 fl oz		.13								
Yogurt Cup, Assorted		4 oz	1.0									
Pineapple Chunks, canned		4 oz spoodle		.50								
Milk		½ pint										
Breakfast Component Total			3.3	.63	.5							

## Fruit & Vegetable Order Guide

### Week 4

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size.
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

**Abbreviations Key:**    **EP = Edible Portion**      **AP = As Purchased**      **lb = Pound**      **oz = ounce**      **# = Number**

Day	Fruit or Vegetable	K-12 Portion Size	K-12 Amount to Order per 100 Servings
Monday	Pumpkin Chocolate Chip Muffins:	1 each	
	Pumpkin, canned		.6 #10 can
	Applesauce		.3 #10 can
	Oranges, fresh, whole, #113	1 orange	100 each
Tuesday	Tri-tator , frozen, 2.0 oz each	1 each	100 each (12 lb + 8 oz)
Wednesday	Quick Blueberry Bubble Bread:	1 portion	
	Blueberries, frozen or fresh, EP		6 lb
	Peaches, sliced, canned	4 oz spoodle	5.5 #10 can
Thursday	Applesauce, canned	4 oz spoodle	4.2 #10 can
Friday	Excellent Egg Taco:	1 taco	
	Onion, diced, EP		6 oz
	Picante Sauce or	1 fl oz	.8 gallon (100 fl oz)
	Tomato, crushed, salsa-ready, canned (for Tomato Salsa)		1 #10 can
	Jalapeno Peppers, canned (for Tomato Salsa)		2 oz
	Pineapple Chunks, canned	4 oz spoodle	6.4 #10 can



## **Notes**